A Guide to Developing a Self-Care Plan

Why do I need one?

It is very hard to think of what to do for yourself when things get tough. It is best to have a plan ready for use when you need it.

What should be in it?

You need to address 3 areas:

- **What To DO:**
  - What will help me relax?
  - What do I like to do when I’m in a good mood?
  - What can I do that will help me get through the day?
  - Make a list of people to contact for support.

- **What to THINK**
  - Positive affirmations
  - List recent accomplishments
  - Review goals
  - Motivational quotes

- **What to AVOID (Triggers)**
  - Who is not good for you to interact with right now?
  - What activities are not good for you or will make you feel worse?
  - Are there places that increase your anxiety?